ULNAR LATERAL COLLATERAL LIGAMENT RECONSTRUCTION OF THE ELBOW

Post Op - 2 Weeks

- Immobilize in full pronation and 90° flexion with splint

2 - 6 Weeks

- ROM brace 30° extension block
- Wrist in pronation or neutral - no supination
- Allow ROMs 30° - 130° - (brace on except when bathing)

- Prior failed surgery or ligament laxity - immobilize for 4-6 weeks

6 - 12 Weeks

- Sequentially decreased in blocked extension in brace
- ROMs - Active & Passive
- Forearm flexion and extension strengthening

12 Weeks

- Unprotected flexion and extension
- Avoid varus stress
- Continue forearm flexion and extension strengthening
- Start elbow flexion and extension exercises

6 Months

- Activity as tolerated
- Avoid varus stress until one year post op